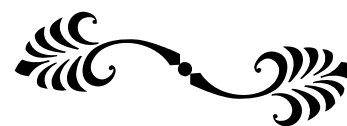


Health News Update



Preventing Medication Errors

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Some days you may feel like you are doing a million things at once. Sometimes, perhaps, you are taking care of a student while thinking about all of the other items on your to-do list. In most cases, not focusing fully on the task at hand will not hurt anyone, and only results in minor, easily corrected errors. However, distraction while administering medication is not one of these times. In 1999, the Institute of Medicine (IOM) estimated that approximately 7,000 deaths occur each year due to medication error. These deaths are all preventable.

Although, no one can be error-free 100 percent of the time, it is imperative that mistakes be avoided when administering medication on Job Corps centers. Job Corps nurses, along with center physicians, are responsible for preventing medication errors on center. The following suggestions, if followed, should help prevent most, if not all, medication errors.

- Use the "5 Rights": Right medication, right dose, right student, right route, right time.
- Triple-check the medication label. Read the label when you choose

the medication, when you draw it into a syringe or remove pills from a bottle AND before you give it to a patient.

- Obtain up-to-date information on all medications. Periodically search for information on the medications that you stock. Medline Plus from the National Institutes of Health offers a good searchable database, located at <http://www.nlm.nih.gov/medlineplus/druginformation.html>. Perusing medical journals or nursing websites will also help to keep your knowledge current.



Continue reading this article on-line for more tips to avoid medication error: <http://jchealth.jobcorps.gov/prevention/html/mederror.htm>

Nutrition, Front and Center

Eating habits rank amongst the most difficult to change of all health behaviors. Food plays a tremendous role in many aspects of life. Food is social and is engrained in culture. So, how do we change the unhealthy eating habits of Job Corps students? They have been raised in a fast food culture, many with little exposure to fresh fruits and vegetables, nor education on how or why to choose healthy foods.

What has your center done to overcome these obstacles?

We will be developing a new Nutrition TAG over the coming months and would like to gather your input. If you have ideas for how to help Job Corps students make better food decisions or are already implementing effective programs, e-mail us to set up a time to talk about your ideas.



Visit the Job Corps Health and Wellness program page for weight management resources: http://jchealth.jobcorps.gov/html/web_main.htm#ex

New on the Web

<http://jchealth.jobcorps.gov/documents/HealthScreening.doc>

Interested in contributing an article? Have a suggestion? E-mail us.